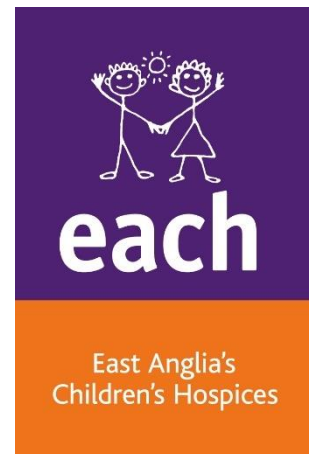




Norwich Bubble Rush

Frequently Asked Questions



What is a Bubble Rush?

Norwich Bubble Rush is a fun run up to 5k that you can walk, jog or run! It is not about speed or winning, it's about having fun and enjoying the bubbles!

Participants run or walk the course which has four Bubble Stations each with a different coloured foam. The route will be 2 laps so you get double the bubbles– you can choose to complete the route once if you have little ones or by going around twice and completing the full 5K.

Who can take part?

The Bubble Rush is suitable for all ages! Anyone can take part including pushchairs and wheelchairs. The course is on grass so please bear this in mind when registering as there is areas of uneven ground. Children aged 16 years and under must take part alongside a paying adult and be accompanied throughout the event. School and youth groups who take part must have adequate supervision.

What should I wear?

You will receive an optional Bubble Rush t-shirt on the day of the event which is included in your ticket price. Other comfortable clothes and shoes are recommended – dress up if you'd like to! The bubbles will turn your white t-shirt different colours and will come out of your clothing but we advise wearing clothes you don't mind getting messy! We recommend that you change your clothes as soon as possible after the event, and that you don't wash them with anything else.

Do I have to raise sponsorship money?

We ask that you try and raise sponsorship for EACH. We suggest everyone tries to raise a target sponsorship of £20. Sponsor forms are included in your entry pack and must be returned as soon as possible after the event, along with all the fantastic funds you have raised. Tick the Gift Aid box where applicable, so we can make your donations go 25% further for our children, young people and their families.

An online fundraising page will also be created for you when you register for the event with our provider Enthuse. You will receive a link to your personal page via email.

About the foam

The bubble solution is a mild and very dilute soapy liquid. The colour is a synthetic dye used in food colouring. All of the materials we use have been tested and are 100% safe for human consumption and do not harm the environment.

The bubble mixture is suitable for nut allergy sufferers, is gluten-free and vegetarian and vegan-friendly. We provide all venues that we work with the details of the materials we use so that they are 100% confident that the venue and local environment will not be harmed.

Upon running through the Bubble Stations, all children must be accompanied by an adult who will be responsible for their safety at this point. Small children may need to be lifted through some parts of the bubble stations, and we recommend they wear sunglasses/swimming goggles to protect their eyes.

There is a chance that this foam may stain some lighter coloured clothes and push chairs, so please be aware of this before you come to the event. You can always leave the push chair at the side of the bubbles while you go through.

Can I bring my dog?

You can bring your dog to the event but unfortunately dogs cannot take part in this event so they will need to be left with a friend or family member who is not taking part. Dogs have a different pH level to humans so the foam may affect their skin and eyes. Any dogs that are spectating must be kept on a lead at all times at the Showground.

What facilities will be there?

There will be toilets on site. Showers will NOT be available so come prepared, we recommend that you bring an old towel, spare clothes and a bin bag to put your bubbly running clothes in. Water will be available at the finish line. There will also be food and refreshments on sale, as well as other stalls and entertainment.

Please do not leave anything valuable on show in your car. There will NOT be allocated areas to leave your personal belongings, so please only bring essential items or arrange to leave them with a family member or friend spectating. EACH cannot be held responsible for any loss or damage to vehicles or personal belongings.

Is there parking available?

There is parking available at the Norfolk Showground. Parking will be at the Dereham Gate Entrance (Red car park). Marshals will direct you when entering the showground.

Will there be photos of the day?

EACH will have photographers on site on the day. We would love to see your photos from the day - share them with us on our [Facebook event page](#). If you bring your own camera or smartphone be sure you cover them well to protect them from the foam.

Where can I see my friend/family run?

There are some great places to watch and cheer on your family and friends throughout the showground. As it's a 2 lap course a good spot to watch is near a bubble station as you can see the participants pass through twice. We would love to have supporters near the finish to welcome runners over the line!

What if it rains on the day?

That won't stop us! Be prepared!

Can I take part if I'm pregnant?

We don't feel it would be safe for you to take part whilst pregnant.

But pushchairs are welcome, and there's no minimum age limit at Bubble Rush – so we hope you'll join us with your little one in the future!

